

## Record – Setting Colts

# Cañada Wins League Baseball Title

By Mike Urban

Call off the jam, folks...the race is over. Last Thursday afternoon, following an emotional marathon victory over visiting Los Medanos College, the Colts received word from a helpful fan that De Anza College had upset Cabrillo with a late-inning homer by Canada nemesis Kendall Simmons. This clinched for the Colts their first-ever Coast Conference baseball championship. The last time Canada held a baseball championship of any kind was back in 1975, when they belonged to the Golden Gate Conference.

It is the first championship for the Colts under head coach Mike Garcia, a former Cañada All-American, in his fourth season. "Skip," as he is affectionately known by his players, was perhaps the most excited of all as the impact of the unexpected news sunk in.

Shortstop Eddy Lopez explains: "The first thing I did when I heard it was look for Skip," he says, "and when I saw the way his eyes lit up I was more happy for him than anybody else."

Indeed, Coach Garcia has quite a bit to be happy about. In addition to the unprece-

dented Coast championship, his 1989 Colts are shattering nearly every baseball school record in the book. Of the 15 previously established team records, the Colts project to break as many as thirteen of them. Included on this impressive list are the records for: most home runs, most triples,

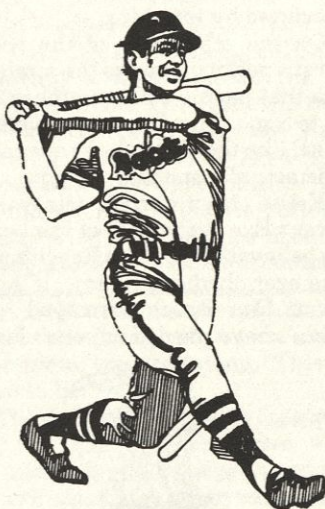
most runs in a game (28), most double plays (50), most runs in a season, highest team batting average, and lowest team Earned Run Average.

In addition to the numerous team records, several individual records have fallen this season as well. Slugger Bob Volk, out of Serra High, has broken the record for most runs batted in (45), as well as creating a new record for hitting an amazing three homeruns in a single game. And pitching ace Bob Palacio of Riordan is chasing the school winning percentage record while closing in on the mark for most victories in a season (he has 12, the record is 13).

Yet, as Volk is quick to point out, the individual records are merely icing on the cake, for this is a team sport and it takes more than one or two standouts to be a consistent winner.

The concept of teamwork has been pounded into the Colts since Day 1 of the Fall season, and is now paying off in huge dividends. As an example of this team's commitment to each other and their coach, before they take the field prior to each

—continued on page 4



## Compensation Issue

# Board To Consider Pay Options May 10

By Kimberly Bouma

A small victory was won by students Wednesday, April 26 as they squared off against the District Board Members in the controversy surrounding the cut in Student Trustee compensation.

In a concise and well-stated speech to the publicly-elected members of the Board, Chris Martinez, VP of Associated Students of CSM, speaking for all three campuses, asked that the Board reconsider the Student Trustee compensation at the next Board Meeting scheduled for May 10. Martinez voiced his concern over the fact that "the problem that we are trying to correct, mainly fostering a more responsible trustee, is not being focused on correctly." He acknowledged the Board's disappointment at the last few student trustees to serve on the Board, but he vehemently proclaimed that the "Board has responded in a way that is clearly wrong."

He believes that recent Board actions have made the compensation of Student Trustee a target and that the compensation is being used as a mechanism by which a more responsible student trustee may be found. "The fact of the matter is compensation for any Board Member was originally created to provide financial support for those who otherwise could not afford to run. Nothing more. Nothing less."

Martinez then struck a chord with the Board Members by stating, "We feel there are alternatives that the Board has not given any consideration. There are options which can be explored by the important deadline of May 15 in order to avoid an even worse situation." He discussed a deferred payment plan, whereby the Student Trustee would be paid \$200 a month and then a lump sum payment of \$2,400 at the completion of the trustee's term. Another option

he brought up was a possible scholarship option.

This dissolved the Board's present feelings of animosity towards students who have been lobbying long and hard to get them to recind their former decision and gave them new options to explore.

Trustee Warren, a proponent of the students, was very quick to move that "a consideration of the Student Trustee compensation, scholarship or deferred stipend

—continued on page 4

**INSIDE:** Read about  
Cinco de Mayo plans  
on page 2.



## Calendar

Friday, May 5

Soccer Tournament 12noon - 2:30 P.M., Cañada Soccer Field

Black Student Union Meeting 1 P.M., interclub Office

Drama - *Creation of the World and Other Business*, 8 P.M., Flexible Theatre

Tennis - Coast Conference Tournament, all day, Los Altos

Saturday, May 6

Foreign Student Picnic, 11A.M. - 4 P.M., Coyote Point Park

Drama - *Creation of the World and Other Business*, 8 P.M., Flexible Theatre

Tennis - Coast Conference Tournament, all day, Los Altos

Baseball - Coast Conference Playoffs, To be announced

## Drama Review

# Miller Play Is Excellent

By John Perez

"Excellent." "Funny." "Excellently directed." These among other compliments were those that could be heard coming from the audience as they departed the flex theatre after enjoying Arthur Miller's play, *Creation of the World and Other Business*, directed by Bob Curtis. The play was believable and well cast. Steve Cortopassi's performance as the ever-ambitious Lucifer

is an excellent one and can only be truly appreciated by watching.

On the other side of the wall, Dick Innerst's performance as the almighty God is one that people will remember for along time to come. His deep, raspy voice makes you feel like the clouds have opened up and God is actually speaking to you.

Kellee Hartman's portrayal of the innocent Eve is the best of the best and is truly believable as is Dan Roach's portrayal of the ever-obedient Adam. If Adam had been as Dan Roach portrayed him, God wouldn't have needed anyone else to keep

## Letters

# Freedom of Choice Is the Issue Here

Dear Editor:

The "Voice of Choice" campaign being waged for reproductive rights is not just a women's issue. Society as a whole is deeply affected. The ideal would be that there not be unwanted pregnancies. But this has never been and never will be. To quote Surgeon General C.E. Koop, "the best ways to reduce the incidence of abortion are by promoting contraceptive research, doing more to educate the public about sexual responsibility and birth control." This is an ideal the United States has not yet strived for. Unwanted pregnancies heavily impact on society, socially and economically. Freedom of choice is the answer.

Sincerely,  
Francis M. Klein



him happy. Ron Drake and Karl Knudsen's portrayal of the famous brothers Cane and Abel are breathtaking. They truly have a flair for the dramatic.

The final devastating fight between the two left the audience gasping. Although this play has a Biblical theme it is not "preachy" or in any sense of the term boring. The story of Adam and Eve, of God, of Lucifer, and of Cane and Abel are performed with the best of humor and in extremely good taste.

Mrs. Rebecca Robinson said, "I had originally seen the play back in 1972 when it first played on Broadway, and when I heard through a friend that it was once again playing at Cañada, I jumped at the chance to go see if they had done it justice. They had more than done it justice, they have raised it to a new height of excellence. All of the actors should be on Broadway."

If you go and see one play this year, make it this one. It runs May 4, 5, and 6. The play runs about two hours and it is worth every golden minute. The price is \$4 for students and seniors and \$5 for the general public.

# Cinco de Mayo Celebrated Here

By Kimberly Bouma

This week is being celebrated as Cinco de Mayo 1989 and many festivities have been planned for May 1-5 by an industrious Latin American Club and Chicano Faculty and Staff.

Throughout the week you will find Mexican pastry and hot chocolate on sale down in the cafeteria from 8 A.M. to 10 A.M.. Accompanying this festival is a donation raffle, whereby a student may purchase two tickets for \$1 in the cafeteria.

The film, *Stand and Deliver*, starring Edward James Olmos and Lou Diamond Phillips, which outlines the true story of a dedicated teacher's quest to produce top-ranking students in a predominantly Hispanic neighborhood and their success due to hard work and determination, will be shown in Bldg 2, Room 10 from noon to 2 P.M. on May 3. Nominated for an Academy Award, it is a testament to the fact that "where there's a will, there's a way."

May 4 is slated as the Folkloric Festival which will take place in the cafeteria, where in celebration of Cinco de Mayo, authentic Latino cuisine will be sold. The first item on the agenda will be the Mariachi: Nuevo Los Alacranes, Jose Salto, directing at 10 A.M., followed by the Fair Oaks Children's Dance Group directed by Liz Prado, and a piñata breaking ceremony. To accompany the lunch hour there will be the Salsa-Ranchero Band, Los Compas to whet the appetite. And to top off the day, recognition awards and a Latino Talent Show will be presented at 1 P.M.. To bring the festivities to a close, a soccer tournament consisting of Cañada students and community groups will square off at the Soccer Field at 12 noon on May 5.

Cinco de Mayo is celebrated by Mexicans as the day the French Military Forces were defeated by the Mexican Troops in 1852. Benito Juarez, President of Mexico and regarded as one of the greatest national heroes in Mexican History who was known for his reforms in the area of civil rights, proclaimed "among individuals, as among nations, the respect for the rights of others is peace."



## THE LONG VALLEY GAZETTE

### NEWSPAPER STAFF

Kellee Hartman - Editor

Mike Urban - Sports

Kimberly Bouma - Features

### REPORTERS

Julie Collier

Tom Spring

Bob Calhoun

Doug Bennett



# How 'Self – Talk' Can Help You Take Charge

By Judy Collier

When our early programing—from parents and teachers—is negative, our self-programing tends to follow suit. But if you want to switch to a more optimistic way of thinking, you can. It's a matter of changing your "self-talk."

The human brain does not act on whispers—it acts on the strongest, most emphatic, energetic program you can give it. This is why conscious repetition is needed. To change negative thinking to positive, you have to take charge.

To get started, during the next few days or weeks, any time you hear yourself making a negative statement to or about yourself, take note—even write it down. The point is to become aware of what's going on in your subconscious mind. You may catch yourself saying things like "I'm so disorganized" or "I can never stick to a diet." The best way to get into the habit of using positive self-talk is to pick one area that's important to you and write a new script that reverses all the negatives. Then repeat it, repeat it, repeat it.

Suppose, say you really want to get in shape—something you've been talking about for years but not doing much about it. First, listen to how you've been "coaching" yourself. Has it gone something like this? "I'm always good at the beginning, but then I start to cheat," "I would love to exercise more if I had the time," "I don't know if I can take another day of this," "I'm just in this P.E. class for an easy 'A'."

Dieting and exercising may demand a lot of you, but with that kind of programing, the demands are much tougher. So reprogram, first by using "I" statements: "I enjoy the positive effects exercise creates in my life," "I know how I want to look and I'm going to achieve it," "When I set a goal, I reach it." Next, repeat these statements, but change the "I" to "you": "You enjoy exercising and the positive effects it creates," etc.

The reason for using self-talk that is both "from" yourself (I) and "to" yourself (you) is that we respond differently to information told to us by someone else. We tend to accept encouraging words from a strong coach, for example, because it helps fill our need for approval. When you talk to yourself as though you were an outside person, you literally become your own coach. Self-talk reminds you of the benefits of what you're doing, and that, gives the incentive you need. But are you kidding yourself, lying to yourself, by suddenly substituting optimistic thoughts for pessimistic ones? No, you are creating a new truth about

## At Humor Workshop



LINDA MOAKES

On Wednesday, May 10, from noon to 1 P.M., the office of Psychological Services is sponsoring a workshop on the healing powers of humor. The event will be held in the Choral Room on campus. Ms. Linda Moakes, a prominent Bay Area Humorist, will be joined by Psychological Services staff member Dr. Bennett Kilpack in a dialogue with the audience about humor and its place in physical and mental health.

yourself. Your conscious mind knows you haven't done it yet, but you are working at the problem; you are saying, "This is how I choose to be."

The fact is, we are just constantly the least truthful with ourselves when we continue to accept the negative programing from our past long after we should have replaced it with more honest and helpful thinking. Optimistic self-talk is not intended to make you think you're better than you are; it simply helps you pull yourself up to where you belong.

I Choose To Be...



## Cañada Student Is Miss San Mateo County

By Julie Collier

Cañada student Laura Barnes was crowned Miss San Mateo County on Nov. 12, 1988. Barnes, 20, is a Dance Major who plans to receive her A.A. at Cañada. She has been active in dance for eight years. And, at one time, was performing for Walt Disney World in Orlando, Florida. Barnes entered the Miss San Mateo County Beauty Pageant in order to achieve a goal... "to make me feel good about myself, to pick-up my ego and to open doors, I plan to enter the Miss California Beauty Pageant in June. It's televised so whether I win or not, I will be seen." Barnes hopes to be recognized for her talent, but the desire for exposure has more of a practical aspect.

Barnes has special interest in helping troubled adolescents. She lost her sister two years ago, and her concern over suicide has brought about a painful understanding. As a future volunteer for the San Mateo County Suicide Prevention Center, Barnes hopes to get the experience that will later help her using her talent in the aid of suicide-prone adolescents. Through dance therapy, she hopes to contribute insight and self-confidence to youngsters.

Barnes believes contests, such as beauty pageants, "take a lot of self-discipline; your appearance shows that you take care of your body. It also helps women with their education through awarded scholarships and money." Barnes takes pride in "not being phony, but being cheerful, I really care about people."

When asked what the most important thing she has gained from her title, she replied, "I am more aware of being Black." Barnes is the first Black Miss S.M. county. "It is important to know who you are and yet to be yourself."

Being Miss S. M. County keeps one's schedule quite busy. "They literally run your life for a year, and sometimes it gets hard." Her activities include appearances at charities, commerce mixers, local pageants and openings of new businesses in the area. However, Barnes emphasizes that, "I have also learned to become more politically aware and to keep up with current affairs, I feel more involved with what's going on."

Her reign is for one year unless she wins the title of Miss California. From there, Barnes wishes to go on further to being Miss America. She feels, "Women have a lot of potential and opportunity to be successful. And having a family, if it is not important, doesn't have to be done right away. Being in a pageant means that you are not only beautiful on the outside, but more importantly, beautiful inside. It can be a way of opening doors."





**BASEBALL from page 1**

game, they form a circle, grab one another's raised hands in the center, and emphatically yell "TEAMWORK" in unison. They are all friends as well as teammates.

It was a unique set of circumstances that gave the Colts their title, but that took nothing away from the wild and exciting celebration.

After disposing of the bush-league Mustangs of Los Medanos, Coach Garcia assembled his team in centerfield to not only commend his troops on a well-deserved victory, but to mentally prepare them for Saturday's game with Cabrillo, which was assumed to be for "all the marbles." The Coach was particularly pleased with the way the team responded to a no-class act by a Mustang pinch-hitter.

After hitting a pinch-homerun to bring his Mustangs within one run of the Colts at 10-9, this 115-pound clown touched home

plate by doing an acrobatic flip, which is a no-no in baseball (particularly when losing to the class of the league.) Well, it appears that his antics backfired, as the pumped up Colts came in to hit with fire in their eyes. They quickly pounded out two insurance runs for reliever Paul Fanucchi, and the game was effectively ended. NOBODY shows up the Colts and gets away with it. Believe that!

After going over what it would take to beat Cabrillo for the title on Saturday, the Colts went into the dugout to gather their gear and head home, but before anybody could get their shoes on, and old scout came in with the news: Cabrillo had lost and the race was over. At first there was disbelief on many faces, then pandemonium struck.

"I just wanted to grab the nearest person and jump on 'em," said Volk, "then I thought about how nice it's going to be to get some time off."

George Kiesel, a sophomore infielder, was heard repeating, "I'm going to Disneyland!" No word yet on how much he was paid.

In winning the conference title, the Colts automatically advance to the NorCal championships in either Sacramento or Stockton starting May 19. All league champions throughout the state are given the reward of not having to participate in their respective playoffs. They also skip the state regionals, moving right into the double-elimination NorCals.

The time off will be undoubtedly filled with everyday practices and intra-squad games, but the break from intense competition will be useful to get limping players like Volk, Gary Mota, and Bob Gibbs back to 100%.

"If nobody presses," Lopez says, "and we just play the way Skip teaches us, I think we're gonna be pretty tough to stop... Word."

**TRUSTEE PAY from page 1**

alternative" be put on the May 10 agenda and commented that the students had acted "very responsibly."

The surprise came when Trustee Tormey, a Board Member who was staunchly for the cut in compensation to the Student Trustee, seconded the motion, thus putting the consideration for the next meeting to a vote. Trustee Constantino, who proposed that the Student Trustee's compensation be cut in half, even ventured to say that he was very much in support of a scholarship award. Trustee Nettle called for a vote and it was decided unanimously to accept the reconsideration of Student Trustee compensation as an item for the May 10 agenda.

Gary Olmstead, ASCC President, stated that the deferred payment option "has a lot of merit, in that it presents to the

Board a method of accountability, insuring that the trustee is going to continue to serve out the term for the expected benefit at the end." At the same time, the down side of this plan is that a Student Trustee, through no fault of his own, might run into some unexpected hardship which might make completing his term impossible, thus depriving him of being paid for the work he has completed.

Student Trustee Roger Steele was proud of the way Trustee Warren left the reconsideration wide open so that the students could debate a number of options. "Trustee Warren's motion was designed so as to not exclude any possibilities." Although he wishes that the students could convince the Board Members to recall their former compensation cut decision, he feels he is being realistic in saying that "I don't think that is going to fly."

The scholarship possibility seemed to please Trustee Steele the most as he explained the suggestion made by Trustee Warren. The scholarship would be in the amount of \$4,000, pending tenure completion and funded by the San Mateo County Community College District Foundation, which is a completely separate entity, legally, from the District Board. This scholarship would be in addition to the \$200/month compensation for a student trustee. "Frankly, that has a lot of merit because that's a significant quantity that is going to be a real attraction for the right Student Trustee," says Steele.

He did point out, however, that a student strapped for funds would have a hard time in the position with the philosophy of deferred payments. "It will have a negative affect on the pool of persons who will be interested in that position because most students can't plan their life for two years down the road. They can't take a part-time job and accept their paycheck two years

from now."

The toughest barrier to students right now seems to be the lack of unity in the ways they would like to resolve this problem. Karl Ferguson, ASCSM President, is fanatical in his proclamation that it be "complete compensation or nothing" according to Steele, whereas, Martinez and Olmstead, as well as Steele, are willing to compromise. Steele states, "There are too many people going too many directions and trying to bounce off too many other people to predict what is going to happen."

One thing is for sure, the real fight will come on May 10, when the Board will be faced with at least one but perhaps many proposals drawn up by concerned and dedicated students to decide the fate of the Student Trustee compensation, for better or for worse.



## MAC & PC RENTALS

DAILY  
WEEKLY  
MONTHLY  
QUARTERLY  
RATES

10% discount w/ ad  
or student ID card

**Computers To Go**

**CALL 408/746-2945**

539 S. Murphy Sunnyvale